

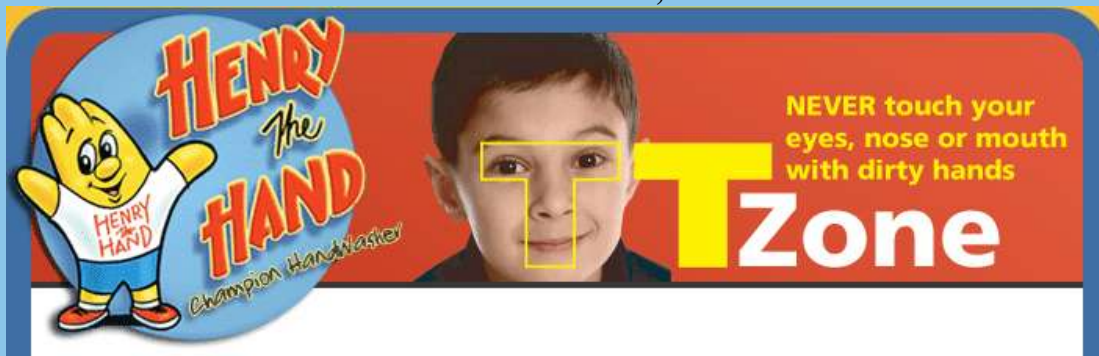
Weekly Diabetes Update



December 12, 2008



1. **"National Handwashing Awareness Week
December 7th - 13th, 2008**



Please share this "link" with ALL your family, friends, class mates and coworkers to help them stay healthier **one handwash at a time**. Share with them how practicing the 4 Principles of Hand Awareness will help them to remain healthy, in spite of the flu or bird flu scares. It is the **BEST** way to prevent epidemics or pandemics!

Following the **4 Principles of Hand Awareness** you will be in **virtual isolation** regardless of the people around you. **Direct contamination (inoculation)** of your **mucus membranes (eyes, nose or mouth)** is how infectious disease enters your body. It is not wafting through the ventilation system in the building. Let's work together to minimize the fear factor of infectious disease pandemics or seasonal illness. Only you are responsible for giving yourself the flu or flu-like illness!

National Handwashing Awareness Week is the **first full week of December each year since 1999**. Thank you for lending a Hand to Protect your family and community!

Here is the website: <http://www.henrythehand.com/pages/content/hwaw.html>.

2. **Salud America! The RWJF Research Network to
Prevent Obesity Among Latino Children
2008 Call for Proposals**

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The reference to an information source in the Weekly Diabetes Update does not constitute an endorsement of that source.

If you would like an announcement included in a Weekly Diabetes Update, please email the request to our office at
DiabetesMO@dhss.mo.gov

Deadline: February 6, 2008
Program Area: Childhood Obesity

<http://grantmaking.rwjf.org/common/login.jsp?program=salud>

3. **How the FTO Obesity Gene Works**



Hint: It's More About the Calories You Take In Than Those You Burn

Dec. 10, 2008 -- A so-called obesity gene may have more to do with food choices than with metabolism or physical activity.

Researchers report that news in the Dec. 11, 2008 edition of *The New England Journal of Medicine*.

Read more: <http://www.webmd.com/diet/news/20081210/how-the-fto-obesity-gene-works>.

4. **UK is warned over obesity levels**

One in three adults in the UK will be obese by 2012, researchers warn.

It comes as the latest government figures show no drop in the number of children who are obese, despite a raft of strategies to tackle the problem.

By 11, 33% of children are overweight or obese, data from the National Child Measurement scheme shows.

Read more: <http://news.bbc.co.uk/1/hi/health/7777108.stm>.



HealthDay

5. **Fast Heart Rate Warns of Obesity, Diabetes And those conditions take toll on the heart, study says**

THURSDAY, Dec. 11, 2008 (HealthDay News) -- A too-fast heartbeat in early adulthood is a warning sign for increased risk of cardiovascular problems decades later on, a Japanese study suggests.

Read more: <http://health.usnews.com/articles/health/healthday/2008/12/11/fast-heart-rate-warns-of-obesity-diabetes.html>.

6. Hagerstown Company Exploring Non-Invasive Blood Glucose Meter

HAGERSTOWN, MD - For the 23 million Americans who have diabetes, their daily routine oftentimes means they have to prick their finger to test their blood sugar level. A Hagerstown company has developed a technology to eliminate that pain by using a non-invasive method.

Read more: <http://your4state.com/content/fulltext/?cid=43331>.

7. To stay healthy, track these 7 numbers

Numbers seem to be prevalent in the news these days, from election numbers to financial numbers. What if you were told of a way in which you could obtain numbers that could drastically increase your lifespan?

Read more:
http://www.postbulletin.com/newsmanager/templates/localnews_story.asp?z=12&a=374618.

8. Pharmacists debate diabetes testing, pharmacy education

How best to help and test diabetes patients and which degrees should be required of pharmacy students were among the hot topics discussed at the Clinical Specialists and Scientists Networking—Primary Care and Pharmacotherapy Session.

Read more:
<http://www.modernmedicine.com/modernmedicine/Modern+Medicine+Conference+News/ASH-P-08-Pharmacists-debate-diabetes-testing-pharma/ArticleStandard/Article/detail/570726?contextCategoryId=40137>.

9. Weekly Diabetic Recipe

Holiday Appetizer Meatballs

Ingredients

- 2 pounds lean ground pork
- 1 cup ice water
- 1/4 cup soy sauce
- 1/4 teaspoon freshly ground black pepper



Directions

1. Heat oven to 375 degrees F.
2. With hands or wooden spoon mix pork, water, soy sauce and pepper thoroughly in large bowl.
3. Shape into 3/4-inch balls (mixture will be fairly soft and balls will not be perfect).
4. Arrange closely together in single layer on ungreased shallow baking pan, like a jelly-roll pan.
5. Bake for 20-30 minutes.
6. Remove from pan, and serve immediately with a dipping sauce, like your favorite salad dressings or choose from the suggestions below.
7. Use toothpicks to skewer meatballs to dip. Or remove from pan, cool, cover and freeze or refrigerate. Serve cold or reheated.

Nutritional Information (Per Serving)

| | |
|----------------|--------|
| Calories: | 200 |
| Protein: | 13 g |
| Sodium: | 390 mg |
| Cholesterol: | 55 mg |
| Fat: | 16 g |
| Carbohydrates: | 1 g |